

The Single Greatest Spiritual Secret in the World

No moment can be different than it is. Whether we like it or not means nothing. Our distaste (for it) cannot change even the smallest thing about what's taking place before our eyes.

But this doesn't mean that change isn't possible. Far from it. We can do much better than to just unconsciously suffer the ache of useless resistance. We can learn to see the truth of the following fact...and invite it to set us free:

All negative reactions are useless.

And anything they tell us is true about unwanted moments—usually pre-painted in their favorite dark color—is equally useless.

To even suspect that negative reactions are useless is the beginning of the end of being used by them.

And the clearer becomes this awareness, the sooner are certain Higher Forces set into motion...leading the Way to our liberation.

— Guy Finley